


Quotable Quotes.....

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\*Inside every older person is a younger person - wondering what the heck happened! Cora Harvey Armstrong

\*The hardest years in life are those between ten and seventy. Helen Hayes (at 73)


\*Whoever thought up the word “Mammogram”? Every time I hear it, I think I’m supposed to put my breast in an envelope and send it to someone! Jan King

 \*A male gynecologist is like an auto mechanic who never owned a car. Carrie Snow

\*Old age ain’t no place for sissies. Bette Davis

\*A man’s got to do what a man’s got to do. A woman must do what he can’t. Rhonda Hansome

\*The phrase “working mother” is redundant. Jane Sellman


 \*Every time I close the door on reality, it comes in through the windows. Jennifer Unlimited


\*Whatever women must do they must do twice as well as men to be thought of half as good. Luckily, this is not difficult. Charlotte Whitton


\*Thirty-five is when you finally get your head together and your body starts falling apart. Caryn Leschen

\*I try to make one day at a time, but sometimes several days attack me at once. Jennifer Unlimited

\*If you can’t be a good example, then you’ll just have to be a horrible warning. Catherine Aird


 \*When I was young, I was put in a school for retarded kids for two years before they realized I actually had a hearing loss. And they called ME slow! Kathy Buckley.

 \*Always leave a place better for your having been there. Jan Biron (Yes, the one who belongs to First Auburn Seniors!) I’ve been saying this to my children all their lives. It finally got into print!!!

 \*I’m not offended by all the dumb blonde jokes, because I’m not dumb...and I’m also not blonde! Dolly Parton

\*You see a lot of smart guys with dumb women, but you hardly ever see a smart woman with a dumb guy. Erica Jong

\*If high heels were so wonderful, men would still be wearing them. Sue Grafton

 \*I’m not going to vacuum ‘til Sears makes one you can ride on. Roseanne Barr

\*I think —— therefore, I’m single. Lizz Winstead

\*When women are depressed, they either eat or go shopping. Men invade another country! Elayne Boosler

\*Behind every successful man is a surprised woman. Maryon Pearson

\*I have yet to hear a man ask for advice on how to combine marriage and a career. Gloria Steinem

\*I never married, because there was no need. I have three pets at home which answer the same purpose as a husband. I have a dog that growls every morning, a parrot that swears all afternoon, and a cat that comes home late every night! Marie Corelli

\*If men can run the world, why can’t they stop wearing neckties? How intelligent is it to start the day by tying a noose around your neck? Linda Ellerbee

\*I am a marvelous housekeeper. Every time I leave a man, I keep his house. Zsa Zsa Gabor


\*Nobody can make you feel inferior without your permission. Eleanor Roosevelt

\*In politics, if you want anything said, ask a man. If you want anything done, ask a woman. Margaret Thatcher

I’m a “Seenager”  
By Pat Donohue

I’m a Seenager (Senior Teenager)  
I have everything that I wanted as a teenager, only 60 years later.  
I don’t have to go to school or work.

I get an allowance every month.  
I have my own “pad”.  
I don’t have a curfew.

 I have a driver’s license and my own car.

The people I hang around with are not scared of getting pregnant and they do not use drugs!  
AND, I don’t have acne!

LIFE IS GREAT!

Auburn Parks & Recreation Department  
48 Pettengill Park, Auburn, Maine 04210 Tel: (207) 333-6601 X 2108  
SENIOR MOMENTS

Vol. V.

Jan Biron, Editor

September/October, 2016

UPCOMING TRIPS AND EVENTS!  
Sponsored by the AUBURN REC DEPARTMENT

September

Line Dancing Begins on Friday, September 9th 10:30 to 11:30 a.m. and 6:00 to 7:00 p.m. \$3.00 per person. Hasty Community Center. Pettengill Park.  
15—Thursday—Pancake Breakfast—8:00 to 10:00 a.m. Pancakes, syrup, butter, strawberries, whipped cream, coffee/tea/orange juice. \$5.00 per person 55 and over.

22—Thursday—Trip to Market Basket in Biddeford . Will stop at other local shops, as desired. Van leaves at 9:00 a.m. and returns at about 4:00 p.m. Lunch at a local restaurant (on your own.)

October

4—Tuesday—Fryeburg Fair! Van leaves Pettengill Park at 8:00 a.m. and returns around 5:00 p.m. Enjoy the shows, food and music! Seniors (65+) get in free. Anyone 55+ can come on the trip. Cost: \$5.00 for transportation.

11—Foliage Trip to Rangeley—Height of Land. Van will leave Pettengill Park at 9:00 a.m. and return around 4:00 p.m. Enjoy the scenery and lunch at a local restaurant (on your own.)

COMING UP IN NOVEMBER:

8th—Tuesday—Thanksgiving Feast at Rolly’s Diner. Tickets will be sold in advance on a first come/first served basis. Cost: \$15.00. Hors d’oeuvres will be served at 11:00 a.m. and dinner at 12:00 Noon. Menu: Roast turkey, stuffing, mashed potatoes and gravy, green bean casserole, squash, beverages and pumpkin or chocolate cream pies. We will also have a basket to raffle, 50/50 drawing and games/prizes as well as a door prize. Tickets will be available beginning October 17th at the Auburn Rec Dept. seniors office. Cash and checks (made out to Auburn Rec Department) accepted.

17—Thursday—Christmas Tree Shops with lunch at Olive Garden (on your own) in Portland. We will also stop at 5 Below, and Burlington Coat Factory, if desired. Ban leaves at 10:00 a.m. and returns at about 4:00 p.m. 55+. Cost: \$5.00

SIGN UP WITH JAN BIRON IN THE RECREATION OFFICE FOR ANY OF THE ABOVE TRIPS.

REGISTER NOW FOR THE  
AUBURN RECREATION DEPARTMENT’S  
BERMUDA CRUISE  
ON THE NORWEGIAN DAWN!

Leaving from Pettengill Park by Northeast Charter coach to Boston Harbor. OPEN TO ALL ADULST OF ANY AGE!

MAY 5, 2017

Board the Norwegian Dawn for 7 days of relaxation and FUN!

Each room is DOUBLE OCCUPANCY. Registrants must have a U. S. Passport or show a State Picture ID (License) AND Birth Certificate!! This is international travel.

CABIN PRICES:

INSIDE CABIN	\$1123.01 PER PERSON Dbl. Occ.
WINDOW	\$1253.01 PP, D.O.
BALCONY	\$1723.01 PP, D.O.

A deposit of \$125.00 is due by August 15th. After that the deposit is \$250.00. Payment in full is due by February 4, 2017.

Registrants must register with the Auburn Rec Dept. with a payment of \$55.00 per person for the bus transportation to and from Boston. At that time, you will be given the Group Number and contact person with which you can register for the trip with Norwegian Cruise Lines, and pay your deposit. It’s not as difficult as it sounds. You just need to tell them what type of cabin you want, and they will register you. (See the prices above.) As a benefit of booking with the group, you will have a choice of a beverage plan, meal plan and on-board credits! Below is a picture of the Norwegian Dawn herself! She is newly renovated and quite a beauty!!!

For more information, please contact Jan Biron at the Auburn Rec Department at 333-6601 X 2108 or cell phone 576-1535 or [jbiron@auburnmaine.gov](mailto:jbiron@auburnmaine.gov).





~UP-COMING DINNERS FOR FIRST  
AUBURN SENIOR  
CITIZENS MEMBERS~

September 21—Kentucky Fried  
Chicken. Cost: \$5.00. (No  
special orders.) Special dessert from  
Italian Bakery, followed by Bingo



October 19—Halloween  
Luncheon. We will have finger  
rolls, chips, pickles and olives  
with a special dessert, followed  
by Bingo. There will also be a  
costume judging contest. Come  
dressed in your Halloween garb  
and try to win the prize!!!

Please purchase your tickets from  
Norma Goddard at the first  
meeting of the month, so we can  
have a count as to how much food  
order. Waiting till the last minute  
makes it difficult for everyone and may result in  
your not being able to participate in the meal.  
Forewarned is forearmed!



REMEMBER: If you have not paid your 2017  
dues (which was due by July 1st)  
you will not be able to purchase a  
meal ticket. Please keep your  
membership up to date. Nancy  
Hutchinson would be happy to  
renew your membership at any  
meeting. Annual dues is \$5.00.



SHOCKING INFORMATION!

What animal is responsible for killing the most  
people every year?

A. Shark



C. Mosquito



B. Snake



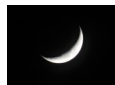
D. Dog



Answer:  
C. Mosquito!

INSPIRATIONAL QUOTES

- ⇒ When your life flashes before your eyes,  
make sure you have plenty to watch!
- ⇒ If you don't try your best and believe in  
yourself, you'll never know how strong you  
are!
- ⇒ Shoot for the moon. Even if you  
miss, you'll land among the stars.
- ⇒ Take time to love....to hear....to see, but  
most of all, take time to be.
- ⇒ You can take me out of the North, but you  
can't take the North out of me!
- ⇒ You don't have to be old to be wise.



- ⇒ Be careful about reading health  
books. You may die of a misprint!
- ⇒ No act of kindness, no matter how small, is  
ever wasted.
- ⇒ My luck is so bad that if I bought a cemetery,  
people would stop dying!
- ⇒ An honest man's pillow is his peace of mind.
- ⇒ The cardiologist's diet: If it tastes good, spit  
it out!
- ⇒ Lead me, follow me, or get out of my way!
- ⇒ Wherever you go, go with all your heart.



- ⇒ Smile! It makes people wonder  
what you're thinking!

A Little Trivia

1. Which animals produce pearls?
2. Which animal has the longest gestation period,  
about 645 days (almost 2 years.)
3. What relative of the alligator is native to Central  
and South America?
4. According to the San Francisco Department of  
Animal Care and Control, what is the most  
commonly reported wild animal sighted by people  
in the streets of San Francisco?

Answers Below.

Answers:  
1. Oysters  
2. Elephant  
3. The Carman  
4. Raccoons



TO YOUR HEALTH



Memory — Keep the brain alive!

The first time you forgot the name of a person, movie title, or an  
appointment, you might have said, half jokingly, "I'm losing it!"  
The good news is, you are not. In most instances, a mild case of  
forgetfulness is not a disease like Alzheimer's. Action can be  
taken to make your brain remember better.

"Neurobics" (the new science of brain exercise) can help you take  
charge of your mental fitness. These simple exercises stimulate  
the growth of brain cells to help keep the brain younger and  
stronger. It shakes up everyday routines. The exercises are off-  
beat and fun, and can be done anywhere, anytime. The result is a  
mind fit to meet any challenge—remembering a name, mastering  
a new computer program, or staying creative in your work.

Routines can be brain deadening!

While some routines in your life are essential, everyday behaviors  
that you do "without thinking" use little energy and provide little  
brain exercise. Everyone profits from discovering new ways to  
break out of everyday routines and stimulate the brain. This pamphlet will  
give you some suggestions of ways to use ALL five or  
your senses, AND don't forget, the 6th sense:  
EMOTION! Interaction with other people is an im-  
portant trigger of emotional responses. Most people have a  
strong, built-in need for these interactions and, in their absence,  
mental performance declines.



Path to a better memory

Here are some fun and simple ways you can exercise your brain  
using Neurobics. Try them with your family and friends  
for a good discussion and plenty of laughs (Humor, by  
the way, is also important!)



- ⇒ Without looking, dig in your purse and FEEL for your keys.  
Then, keeping your eyes closed, fit the key in the lock to open  
the door.
- ⇒ Brush your teeth with your opposite hand. Try styling your  
hair, shaving (Ouch! That could take practice) or applying  
makeup with your opposite hand.

- ⇒ If you shower, take a bath. If you usually bathe in the tub, use a  
variety of things to activate all five senses. Use aromatic bath oils  
and soaps, sponges, body washes, loofahs, candlelight, music,  
plush towels, and moisturizers.
- ⇒ Take a different route to work. If you're driving, open the  
windows. If you walk, the possibilities for learning something new  
are even greater.
- ⇒ Place a cup filled with different coins in your cup holder. At the  
stoplight, try to guess what the denominations are by feel alone.
- ⇒ At your desk, relocate your computer mouse, phone, wastebasket,  
etc. While you are at it, switch your watch to your other wrist.
- ⇒ Use your fingers to learn Braille for controlling the elevator.
- ⇒ There's more to a coffee break than loading up on caffeine. It gives  
you time for mental stretching and social interaction. A 15-minute  
walk outdoors invigorates the body, clears the mind and opens the  
door to real-world stimulation.
- ⇒ Turn pictures of your family, or your desk clock upside down.
- ⇒ In the supermarket or other store, change your usual route through  
the aisles.
- ⇒ At dinnertime, have everyone switch seats. Switching seats  
changes whose "position" you occupy, who you relate to, your  
view of the room, and even how you reach for the salt & pepper!
- ⇒ Identify the food on your plate using only your senses of smell,  
taste and touch. A food's flavor includes its texture, aroma,  
temperature, spiciness and even sound.
- ⇒ Go camping for a different perspective than a week by a hotel pool.
- ⇒ Make a family video, then play it with different background music  
(scary, romantic, etc.). Notice how it changes your mood and  
feelings about what you're watching.
- ⇒ Start a new hobby, like fishing. It requires you to "think like a  
fish." Pay attention to the time of day, the feel of the water, and the  
types of insects around you.
- ⇒ Grow a garden. You will use all of your senses: feeling the earth,  
smelling the plants, tasting sprigs of herbs. Better yet, your brain's  
planning and spatial abilities are called into action as you take into  
account the path of the sun and how much water the plant will  
need, before you decide where to place your potential beauties.  
Later, there are other rewards: fresh fruits and vegetables, flowers  
and a beautiful yard. And, the ultimate reward is a more fit and  
flexible brain as you age.

**Ingredients may vary, but just remember to  
MIX AND STIR. In other words, vary your  
routine for a better memory!**

Source: Speaking of Women's Health - Cincinnati, Ohio

An old man lived alone in New Jersey. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His  
only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:  
"Dear Vincent, I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be  
digging up a garden plot. I know if you were here, my troubles would be over...I know you would be happy to dig the plot for me, like in the old  
days. Love, Papa."

A few days later, he received a letter from his son: "Dear Pop, Don't dig up that garden! That's where the bodies are buried. Love Vinnie."  
At 4:00 am.. The next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They  
apologized to the old man and left. That same day, the old man received another letter from his son: "Dear Pop, Go ahead and  
plant the tomatoes now. That's the best I could do under the circumstances. Love you, Vinnie"

